

LES MILLS
THE TRIP
11



THE TRIP 11

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01. ISLAND 1

MUSIC Up Around The Bend 2:42 mins

SET THE SCENE

Let's explore the island

PROFILE

10 second speed - x3

20 second climb, 20 second speed

1/1 = 130rpm

TRACK TIP

Start with an enthusiastic and engaging mindset to help get your riders into the experience. Do you remember your STATE OF MIND from Initial Training? Leading a cool intense workout and immersing your friends in a virtual world.

BLOCK 1

10 speed – x3

0:00 **4x8 Seated Recovery L 1/2**

Get some energy in the room! A vibrant, welcoming vibe

0.15 **4x8 Sit 3/4**

Ease your riders into the Position & Pace

0.29 **2½x8 Sit 1/1**

0.39 **4x8 Sit + 3/4**

Focus on shifting Resistance here

0.53 **2½x8 Sit 1/1**

"Let's pick it up"

1.02 **4x8 Sit M 3/4**

"We use Resistance a lot during the ride so don't be afraid to use it"

1.17 **2½x8 Sit 1/1**

BLOCK 2

20 climb, 20 speed

1.26 **2x8 Seated Recovery 3/4**

1.34 **2x8 Sit + 3/4 - 1/2**

"Add lots of Resistance, feel the pressure build in our legs"

1.41 **2½x8 Sit 1/2**

1.50 **6½x8 Stand H & opt + 1/2**

"Lock your body in but let it shift side to side"

2.14 **6½x8 Sit M 1/1**

02. ISLAND 2

MUSIC Fortunate Son 2:17 mins

SET THE SCENE

Shall we get deeper into the experience

PROFILE

15 second climb, 15 second speed - x2

15 second climb, 30 second speed

1/1 = 133rpm

TRACK TIP

The track is short with quick changes so be sure to pre cue those changes early to build confidence in your riders. The final downhill is a thrill and a good opportunity to be Athletic & Animated.

BLOCK 1

15 climb, 15 speed – x2

2.38 **5x8 Sit** + **3/4 - 1/2**

Encourage riders to dial into a Heavy Resistance

2.57 **2x8 Stand** H **1/2**

3.04 **2x8 Sit** **1/2**

"Sit & stay in the workout"

3.11 **4x8 Sit** M **1/1**

"Decrease to Moderate Resistance & go fast"

3.26 **2x8 Stand** H **1/2**

3.33 **2x8 Sit** **1/2**

"Feel that hill in our feet"

3.40 **4x8 Sit** M **1/1**

BLOCK 2

15 climb, 30 speed

3.54 **4x8 Seated Recovery** **3/4 - 1/2**

"Two sets done & one to come"

4.09 **2x8 Stand** H **1/2**

4.16 **2x8 Sit** **1/2**

4.24 **6x8 Sit** M **1/1**

"Pick the Pace up"

4.45 **2½x8 Seated Recovery** L **3/4 - 1/2**

03. TUNNEL 1

MUSIC Voodoo (Tribal Mix) 4:01 mins

SET THE SCENE

Let's take a dive

PROFILE

45 second speed

30 second speed

60 second speed

1/1 = 122rpm

TRACK TIP

For some riders the extended efforts will start to challenge them so provide Coaching which helps them succeed, and at the same time provides challenge for anyone who wants to go there.

BLOCK 1

45 speed

4.54 **4x8 Seated Recovery L 1/2**

Turn & Acknowledge – continue to build great Connection with your riders

5.10 **8x8 Sit M & opt + 1/1 - 3/4**

Surges: 3x8cts 1/1 & 1x8cts 3/4

5.41 **4x8 Sit 1/1**

BLOCK 2

30 speed

5.57 **7x8 Seated Recovery L 3/4 - 1/4**

6.24 **4x8 Sit H 1/2**

Encourage riders to challenge their Resistance & Pace

6.40 **4x8 Sit M & opt + 1/1 - 3/4**

Surges: 3x8cts 1/1 & 1x8cts 3/4

6.55 **4x8 Sit 1/1**

BLOCK 3

60 speed

7.11 **6x8 Seated Recovery L 3/4 - 1/4**

To help everyone ride fast remind them to slide forward in the seat and to brace their abs

7.34 **4x8 Sit H 1/2**

7.50 **8x8 Sit M & opt + 1/1 - 3/4**

Surges: 6x8cts 1/1 & 2x8cts 3/4

8.21 **9x8 Sit 1/1**

This is a longer effort so use rhythm cues and motivation to help them stay in longer

04. SKIMMIN'

MUSIC Quiet Dog 5:02 mins

SET THE SCENE

Let's skim the sea floor

PROFILE

Seat Jump timing is

short: Stand 4cts & Sit 4cts

long: Stand 8cts & Sit 8cts

4x short & 3x long - break - 4x short - long break

4x short & 2x long - break - 4x short & 3x long -

break - 4x short - long break

1/1 = 105rpm

TRACK TIP

Intensity picks up here and the legs and lungs get hit hard. Lots of simple Layer 1 cues in Block 1 and then Layer 2 in Block 2. Keep an eye out for Roman style plinths that help guide you if you get lost.

BLOCK 1 4 short & 3 long, 4 short

8.54	2x8	Seated Recovery	L	3/4
9.04	4x8	Sit		3/4 - 1/1
9.22	4x8	Stand & Sit		1/1
		4x short: Stand 4cts & Sit 4cts		
9.40	2x8	Sit	M - H	3/4
	Use Rhythm cues to get riders into the right Position at the right time			
9.49	4x8	Stand & Sit		1/1
		4x short: Stand 4cts & Sit 4cts		
10.07	6x8	Stand & Sit		1/1
		3x long: Stand 8cts & Sit 8cts		
10.35	2x8	Seated Recovery		1/2
	Let your class know this is a short one			
10.44	4x8	Stand & Sit	opt +/-	1/1
		4x short		

BLOCK 2 4 short & 3 long, 4 short

11.02	4x8	Seated Recovery	L	1/2
	Just on halfway			
11.21	2x8	Sit	M - H	3/4
	"How good does it feel to be working hard"			
11.30	4x8	Stand & Sit		1/1
		4x short		
11.48	4x8	Stand & Sit		1/1
		2x long		
12.06	2x8	Seated Recovery	opt +/-	1/2
	Turn & Acknowledge. Check in with your riders			
12.16	4x8	Stand & Sit		1/1
		4x short		
12.34	6x8	Stand & Sit		1/1
		3x long		
13.01	2x8	Seated Recovery		1/2
13.10	4x8	Stand & Sit	opt +/-	1/1
		4x short		
13.29	6x8	Seated Recovery	L	1/2

05. ABANDONED CITIES

MUSIC Show You 5:53 mins

SET THE SCENE

New challenge

PROFILE

30 second climb – x2

30 second speed, 30 second climb - x3

1/1 = 142rpm

TRACK TIP

The workout lies in the interval training style – we basically have 30 seconds of hard work followed by 15 seconds to reset. There is a slightly longer recovery at the half way mark and it's a great chance to check in and assess how your riders are feeling. Push your team to stretch their limits in each block. Finally be mindful that 142rpm is very quick for most people and many won't go that fast so just encourage them to go as fast as they can.

BLOCK 1

30 climb – x2

13.57 **4x8 Sit** **M** **1/2**

Off the back of a long recovery you have around 10 seconds to intro and set up Heavy Resistance

14.10 **8x8 Stand** **H** **1/2**

"Challenge yourself to fatigue in every Block"

14.37 **4x8 Standing Recovery** **opt +** **1/8**

14.51 **8x8 Stand** **1/2**

Introduce some Layer 2 cues to help riders stay in the workout – "Shift your body side to side to help drive the gear"

BLOCK 2

30 speed, 30 climb

15.18 **2x8 Standing Recovery** **1/2**

15.28 **2x8 Sit** **M** **1/2 - 3/4**

Back to Layer 1 to set up speed – "Sit. Moderate Resistance. 30 seconds all out speed"

15.31 **8x8 Sit** **1/1**

"Whatever speed you can manage, just max out here"

15.58 **4x8 Sit** **+** **3/4 - 1/2**

"Can you see it? Shall we conquer it?"

16.12 **8x8 Stand** **H** **1/2**

"The fatigue is starting to build and we want that"

BLOCK 3

30 speed, 30 climb

16.39 **4x8 Standing Recovery** **1/8**

16.52 **4x8 Seated Recovery** **M** **1/2 - 3/4**

Use the longer Recovery to connect with your Riders

17.06 **8x8 Sit** **1/1**

17.33 **4x8 Sit** **+** **3/4 - 1/2**

"Can we go heavier than Heavy?"

17.46 **8x8 Stand** **H** **1/2**

BLOCK 4

30 speed, 30 climb

18.13 **2x8 Standing Recovery** **1/8**

Everyone should be working to their max so be mindful of this. Be energized and motivational

18.24 **2x8 Sit** **M** **1/2 - 3/4**

18.27 **8x8 Sit** **1/1**

18.54 **4x8 Sit** **+** **3/4 - 1/2**

19.08 **8x8 Stand** **H** **1/2**

19.34 **4x8 Standing Recovery** **1/8**

"Great job everyone"

06. DEEP DIVE

MUSIC Adieu 3:12 mins

SET THE SCENE

Dropping into the beat. Into the deep.

PROFILE

30 second climb (dive), 30 second climb, 30 second speed

1/1 = 126 rpm

TRACK TIP

80/20 Approach in full effect to ensure we create contrast between the previous track and the next. We build hype leading into Block 3 and then dial it back when we get into it. Think of luring your riders in.

BLOCK 1

30 climb (dive)

19.49 **4x8 Seated Recovery M 1/4 - 1/2**

We use a Moderate – Heavy Resistance but we are actively recovering, so be sure to keep your voice chill

20.20 **8x8 Sit M - H 1/2**

BLOCK 2

30 climb

20.50 **8x8 Sit 1/2 - 1/4 - 1/2**

Just take it in – not much to be said here. Pre cue to Stand 2x8's early

21.21 **8x8 Stand H 1/2**

BLOCK 3

30 speed

21.51 **4x8 Standing Recovery 1/4**

Silence

22.06 **4x8 Sit M 1/2 - 3/4**

Build the hype leading into the speed phase

22.22 **8x8 Sit 1/1**

22.52 **2x8 Seated Recovery L 3/4**

07. DARK WATER

MUSIC Right Here/Hype 9:52 mins

SET THE SCENE

This is long, tough, and a lot of fun

PROFILE

45 second climb, 20 second climb

30 second climb, 15 second speed - x3

45 second climb, 20 second climb

1/1 = 172 & 144rpm

TRACK TIP

This is a long track but once you understand the structure it's very simple – Block 1 repeats in Block 3 so just think of it as Blocks 1-2-1 – hopefully this helps you and doesn't confuse you! Use the first 2 efforts to bring your riders back into the workout, and from there it's all on.

BLOCK 1 45 climb, 20 climb					BLOCK 2 30 climb, 15 speed – x3				
22.58	8x8	Seated Recovery	L	3/4	25.55	7x8	Seated Recovery	L	3/4
23.20	8x8	Sit		3/4 - 1/2	We repeat the next effort 3x – so a good idea is to choose a focus and use it for all 3x efforts. Next class use a fresh focus e.g. holding the gear when you sit, the slide forward, pure speed etc.				
23.42	8x8	Sit	M	1/2	26.18	4x8	Sit	M	1/2
Let your riders know they are about to Stand and then build Resistance in readiness for this					26.31	4x8	Stand	H	1/2
24.04	4x8	Stand	H	1/2	26.45	4x8	Sit		1/2
24.15	4x8	Sit		1/2	"Brace our abs"				
"Brace abs and drive hard"					26.58	4x8	Sit	M	1/1
24.26	4x8	Stand	opt+	1/2	27.11	4x8	Seated Recovery	L	3/4
24.37	4x8	Sit		1/2	27.25	4x8	Sit	M	1/2
24.48	4x8	Seated or Standing Recovery		1/4	27.38	4x8	Stand	H	1/2
24.59	4x8	Sit	-	1/4 - 1/2	27.51	4x8	Sit		1/2
25.10	8x8	Sit	M	1/2	"Squeeze the handlebars at the same time as squeezing our abs"				
"This next one is only 20 seconds so be sure to work as hard as you can"					28.05	4x8	Sit	M	1/1
25.32	8x8	Stand	H	1/2	28.18	4x8	Seated Recovery	L	3/4
					28.31	4x8	Sit	M	1/2
					28.45	4x8	Stand	H	1/2
					28.58	4x8	Sit		1/2
					"Let's use our strong abs to lock in and drive the Resistance"				
					29.11	4x8	Sit	M	1/1

07. DARK WATER CONTINUED

BLOCK 3

45 climb, 20 climb

29.25 **8x8 Seated Recovery L 3/4 - 1/4**

We repeat Block 1 – “2 big efforts left”

29.47 **8x8 Sit 1/4 - 1/2**

30.09 **8x8 Sit M 1/2**

Amp up the energy!

30.31 **4x8 Stand H 1/2**

30.42 **4x8 Sit 1/2**

30.53 **4x8 Stand opt + 1/2**

31.04 **4x8 Sit 1/2**

31.15 **4x8 Standing Recovery 1/4**

31.26 **4x8 Sit - 1/4 - 1/2**

“A quick hit to finish, it’s only 20 seconds! What can we do with 20 seconds?”

31.37 **8x8 Sit M 1/2**

31.59 **8x8 Stand H 1/2**

32.21 **10x8 Standing Recovery 1/4**

08. TUNNEL 2

MUSIC Voodoo – (Tribal Mix) 4:01 mins

SET THE SCENE

We are as deep as we can go. Let's head back up

PROFILE

45 second climb

30 second standing surges

60 second standing surges

1/1 = 122 rpm

TRACK TIP

Take a similar approach to Track 6 Deep Dive, however this time using a lighter and brighter vocal quality. Block 1 is an active recovery then Block 2 & 3 are an intense kick.

BLOCK 145 climb					BLOCK 360 standing surges				
32.49	4x8	Seated Recovery	L	3/4	35.06	6x8	Seated Recovery	L	1/4
From the max motivation of the previous track dial back your intensity & brighten your vocal					35.29	4x8	Sit	M - H	1/2
33.05	4x8	Sit	M	1/2	35.45	14x8	Sit	opt +	1/1 - 3/4
33.21	4x8	Stand	H	1/2	Surges: 1x8cts 3/4 & 1x8cts 1/2				
33.36	4x8	Stand	opt +	1/2	36.40	2x8	Sit		3/4
					36.48	1x8	Standing Recovery		1/4
					"Phenomenal"				
BLOCK 230 standing surges									
33.52	7x8	Seated Recovery	L	1/4					
Stake this time to set up the Standing Surges – don't rush it, be calm and take your time									
34.19	4x8	Sit	M - H	1/2					
Now build the excitement									
34.35	6x8	Stand	opt +	3/4 - 1/2					
Surges: 1x8cts 3/4 & 1x8cts 1/2									
34.58	2x8	Stand		3/4					

09. ISLAND LIGHTS

MUSIC Sunshine 4:14 mins

SET THE SCENE

Back on island time.

PROFILE

45 second climb, 15 second flush

30 second climb, 15 second flush

1/1 = 120rpm

TRACK TIP

Enjoy it. Really enjoy it. Stayed engaged and energized as we gradually taper in Recovery.

BLOCK 1

45 climb, 15 flush

36.50 **3x8 Standing Recovery** **1/4**

37.00 **8x8 Seated Recovery L 3/4**

"Let's bring the heart rate down and enjoy the vibes"

37.32 **8x8 Sit M 1/2**

38.04 **4x8 Stand + 1/2**

38.20 **4x8 Sit M 1/2**

"Your speed. Just a nice flow"

BLOCK 2

30 climb, 15 flush

38.36 **4x8 Seated Recovery L 3/4**

"Did we enjoy the workout?"

38.52 **4x8 Sit M 1/2**

39.08 **4x8 Stand + 1/2**

39.24 **4x8 Sit M 1/1**

39.40 **4x8 Seated Recovery L 3/4 - STOP**

"Give yourselves a round of applause!"

MUSIC

- 1 **Up Around The Bend** (2:42)
Creedence Clearwater Revival
© 2014 Concord Music Group, Inc.
Written by: Fogerty
- 2 **Fortunate Son** (2:17)
Creedence Clearwater Revival
© 2014 Concord Music Group, Inc.
Written by: Fogerty
- 3 **Voodoo (Tribal Mix)** (4:01)
Alex Guesta
© 2016 Alessio Lazzaroni.
Written by: Lazzaroni
- 4 **Quiet Dog** (5:02)
Mos Def
© 2014 Downtown Records / [PIAS] Australia.
Written by: Smith, Daval
- 5 **Show You** (5:53)
Marshmello
© 2016 Joytime Collective.
Written by: Marshmello
- 6 **Adieu** (3:12)
Tchami
© 2017 Confession.
Written by: Unknown
- 7A **Right Here** (2:56)
Keys N Krates & KRANE
© 2017 Dim Mak Records, Inc.
Written by: Comstock
- 7B **Hype** (3:30)
Not On A Monday
© 2017 Les Mills Music Licensing Ltd.
Written by: Fairley
- 7C **Right Here** (3:26)
Keys N Krates & KRANE
© 2017 Dim Mak Records, Inc.
Written by: Comstock
- 8 **Voodoo – (Tribal Mix)** (4:01)
Alex Guesta
© 2016 Alessio Lazzaroni.
Written by: Lazzaroni
- 9 **Sunshine** (4:14)
POWERS
Courtesy of the Universal Music Group.
Written by: Campany, Russo, Gonzalez

OUR DECLARATION OF INTENT

The LES MILLS global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At LES MILLS we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering

Cutting-edge, innovative products and ensuring that accepted norms are upheld and respected. Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

BE LOUD AND HEARD

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KEY

PACE

STOP Legs not moving

1/1 On the beat

1/4 SUPER Slow

1/1+ Ahead of the beat

1/2 Slow/ on the half beat

3/4 Medium/ on the 3/4 beat

3/4+ Building/ just under the beat

RESISTANCE

L Light

M Moderate

H Heavy

+/- Add/Reduce Resistance

Time Times are based on full movie/music length

CREDITS

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Technical Consultant – Bryce Hastings

Presenter – Les Mills Jnr

Program Planner – Courtney Watt

MESSAGE FROM LES

Hey team,

We are so excited to present TRIP 11 to you! The team is totally addicted to this release and we can't wait for you to get into the ride and share the experience with your community.

We begin our ride travelling through beautiful islands with rocky cliff faces and awesome music. We then dive into the water and spend the body of the workout submerged. While underwater you will experience intense interval training, challenging tunnels, music driven seat jumps, athletic performance training and stunning hypnotic illuminated visuals. To finish the workout we climb back up to sea level and cruise along the serene islands.

Each track in this workout allows a ton of variation in your coaching and gives you opportunities to build your energy, enthusiasm and athleticism. Don't be afraid to get into this one, it will greatly enhance the workout and your community will love it!

Cheers team,

Les